



# September 2019

## In Season Grapes

One cup of grapes, with about 100 calories, provides more than a quarter of the daily recommended values of vitamins K and C. Grape seeds, which are edible, are full of antioxidants. Grapes are a kind berry. They have a leathery covering and a fleshy inside, similar to blueberries.



### Monday

**Labor Day** 2  
**No School**

Beef/Chicken Nachos 9  
Beef/Chicken Taco Salad  
Beef/Chicken Burrito  
Mini Corn Dogs  
Chicken Caesar Wrap  
Chicken Caesar Salad

Beef/Chicken Nachos 16  
Beef/Chicken Taco Salad  
Beef/Chicken Burrito  
Mini Corn Dogs  
Chicken Caesar Wrap  
Chicken Caesar Salad

Beef/Chicken Nachos 23  
Beef/Chicken Taco Salad  
Beef/Chicken Burrito  
Mini Corn Dogs  
Chicken Caesar Wrap  
Chicken Caesar Salad

Beef/Chicken Nachos 30  
Beef/Chicken Taco Salad  
Beef/Chicken Burrito  
Mini Corn Dogs  
Chicken Caesar Wrap  
Chicken Caesar Salad

### Tuesday

**No School** 3

BBQ Pork Sandwich 10  
Thai Chicken Satay  
Chicken Tenders  
Spicy Chicken Wrap  
Chicken Caesar Salad

Chicken Teriyaki Bowl 17  
Korean BBQ Pork Bowl  
Chicken Tenders  
Spicy Chicken Wrap  
Chicken Caesar Salad

Chicken Curry 24  
Baked Potato with Chili  
Chicken Tenders  
Spicy Chicken Wrap  
Chicken Caesar Salad

### Wednesday

Macaroni & Cheese 4  
Wild Alaska Fish & Chips  
Chicken Caesar Wrap  
Chicken Caesar Salad

Buffalo Chicken Tot'chos 11  
Chicken Alfredo Pasta  
Wild Alaska Fish & Chips  
Chicken Caesar Wrap  
Chicken Caesar Salad

Turkey Gravy & Mashed Potato with Roll 18  
Pasta with Meat Sauce  
Wild Alaska Fish & Chips  
Chicken Caesar Wrap  
Chicken Caesar Salad

Chicken Potato Bowl 25  
Macaroni & Cheese  
Wild Alaska Fish & Chips  
Chicken Caesar Wrap  
Chicken Caesar Salad

### Thursday

Cheese Ripper with Tomato Soup 5  
Chicken Drumstick With Waffles  
Chicken Tenders  
Spicy Chicken Wrap  
Chicken Caesar Salad

Chicken Tortilla Soup 12 with Chips  
Big Wild Alaska Fish Taco  
Chicken Tenders  
Spicy Chicken Wrap  
Chicken Caesar Salad

Cheese Ripper with Potato Soup 19  
Pork Enchilada  
Chicken Tenders  
Chicken Caesar Wrap  
Chicken Caesar Salad

Cheese Ripper with Tomato Soup 26  
Chicken Drumstick With Waffles  
Chicken Tenders  
Spicy Chicken Wrap  
Chicken Caesar Salad

This institution is an equal opportunity provider and employer.

### Friday

Beef/Chicken Nachos 6  
Beef/Chicken Taco Salad  
Beef/Chicken Burrito  
Wild Alaska Fish Burger  
Mini Corn Dogs  
Chicken Caesar Wrap

Beef/Chicken Nachos 13  
Beef/Chicken Taco Salad  
Beef/Chicken Burrito  
Wild Alaska Fish Burger  
Mini Corn Dogs  
Chicken Caesar Wrap  
Chicken Caesar Salad

Beef/Chicken Nachos 20  
Beef/Chicken Taco Salad  
Beef/Chicken Burrito  
Wild Alaska Fish Burger  
Mini Corn Dogs  
Chicken Caesar Wrap  
Chicken Caesar Salad

Beef/Chicken Nachos 27  
Beef/Chicken Taco Salad  
Beef/Chicken Burrito  
Wild Alaska Fish Burger  
Mini Corn Dogs  
Chicken Caesar Wrap  
Chicken Caesar Salad

## Announcements

**Offered Daily:** Deli Sandwich, Hummus Plate, Yogurt Lunch, Pizza, Cheeseburger, Chicken Burger and Vegetable Burger

**Included with All Lunches**  
Fruit & Vegetable Garden Bar  
1% White or NF Chocolate Milk

*Menu selections may change based on product availability.*

*Juliana Fisher, MS, RDN, CD  
Director, Food Services*

## Meal Prices

### Breakfast

Elementary	\$2.05
Secondary	\$2.30
Reduced K-12	Free
Adult	\$2.70

### Lunch

Elementary	\$3.30
Secondary	\$3.55
Reduced K-3	Free
Reduced PK, 4-12	\$0.40
Adult	\$4.30
Milk Only	\$0.50